Welcome

merica's Most Prepared
Military Community

American Red Cross
Together, we can save a life

Navy Region Southwest
One Team, One Voice, One Mission

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Community Emergency Education

Purpose

- To get you to enroll in America's Most Prepared Military Community, a family emergency preparedness program
- By enrolling you commit yourself to taking steps to prepare and protect your family

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Community Emergency Education

What is “America’s Most Prepared Military Community”

- Educated on Preparedness
- Family Emergency Plan Started
- Basic Emergency Kit on Hand

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Community Emergency Education

Why participate?

- Most of us are ill prepared for major disasters
- Disasters can strike at anytime
- In an emergency YOU are the first responder

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Risks

In this region the most common emergencies and disasters are:

- Fire
- Earthquake & Tsunami
- Flood
- Chemical leaks & explosions
- Potential Flu Pandemic
- Potential Terrorist Attack

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Fire

General Fire Safety Tips

- Pay attention to smoke alarms
- Stay low under smoke
- Test the door before opening
- Designate a meeting place for family members
- Take an account of family members

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Earthquake & Tsunami

General Earthquake Safety Tips

- Keep hard soled shoes by your bed
- Take cover, protect head and neck
- If you smell gas, turn off your gas
- Try to avoid turning on the lights
- Turn on your radio for emergency communications
- Follow warnings and move to higher ground

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Flood

General Flood Safety Tips

- Move to higher ground
- Do not walk through moving water
- Do not drive into flooded areas
- Avoid drinking flood or unpurified water

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Chemical Leaks & Explosions

General Safety Tips

- Follow directions given by local authorities regarding sheltering at home
- During chemical or gas leaks close doors and windows, block doorframe openings with towels, turn off air conditioning

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Potential Flu Pandemic

General Safety Tips

- Wash hands often with soap and water
- Follow directions given by local authorities regarding sheltering at home
- Get an annual flu vaccination
- Cover your mouth and nose when coughing

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Potential Terrorist Attack

General Safety Tips

- Be aware of your surroundings
- Know where the exits are for buildings your frequent
- Be prepared to do without normal services such as: electricity, telephone/cell phone, natural gas, gasoline, ATMs/credit cards, and Internet

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Risks

If you remember nothing else about the risks, remember to check this web site.

www.fema.gov/plan/index

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Making A Plan

To enroll in AMPMC:

- Take a template Family Emergency Plan.
- Complete the Basic Plan Section.
- Commit to completing the entire Family Emergency Plan.

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Making A Plan
(con't)

Basic Plan Section

- Identify person and telephone number to call and report on location and condition of family. This should be someone outside the region.
- Identify family meeting places.
  - One in the vicinity of home
  - One away from home

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Making A Plan
(con't)

You are committed to complete the rest of the plan.

- Emergency plans should involve every member of the family.
- Plan for training to protect family in a disaster to include first aid and CPR.
- Know how and where to shut off utilities.
- Draw a floor plan of your home and practice evacuation every six months.

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(con't)

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Making A Plan
(con't)

- Verify your child's school or care center emergency guidelines and evacuation plan.
- Know the location of your emergency supplies (kit).
- Plan for evacuation of your pets.
- Everyone in the household should memorize emergency contact telephone numbers.
- Ensure emergency contact telephone numbers are kept current.

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Building an Emergency Kit

- To enroll in AMPMC you need a **Basic Emergency Kit** for each family member. This emergency kit contains essentials:
  - Water for drinking (3 quarts)
  - Food for three days (2,400 calories)
  - First Aid kit
- Kit needs to be in a portable container.

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Building an Emergency Kit (con't)

- Once you have a basic emergency kit for all family members consider adding to it.

- Family Emergency Plan has tips on what to put in the kit.
- Plan for infants, young children, elderly and pets.
- Restock the perishables and check batteries in your kit every six months.
- If you have special medications, these should also be restocked before expiration.

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Action Items

Actions

- Complete the Basic Plan section of the template
- Build or buy a basic emergency kit
- Notify command when action taken

Timelines

- 2 weeks to get it done

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Resources

- Navy Region Southwest at www.cnrsw.navy.mil
- American Red Cross San Diego Chapter at www.sdarc.org Tel: (858)309-1200
- Federal Emergency Management Agency at www.fema.gov/plan/index
- San Diego County Office of Emergency Services www.co.san-diego.ca.us/oes/community/be_prepared Tel (858) 565-3490
- County of SD Health and Human Services Agency www.sdpandemicflu.org Tel: 619-515-6900

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Thank you!

The action you take today can and will save a life

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The End

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